

1. Are there any victories you'd like to share?
2. Did anyone help you with something?
3. Did anything make you feel frustrated?
4. Did anything surprise you?
5. Did you do something kind for anyone?
6. Did you get any compliments?
7. Did you get the chance to help anyone?
8. Did you learn anything new?
9. Did you listen to an audiobook or a podcast? What was it about?
10. Did you meet someone friendly?
11. Did you read anything interesting?
12. Did you listen to anything interesting?
13. Did you receive any good news?
14. Did you see anything beautiful?
15. Did you take any photos? What of?
16. If you could do any part over again, what would it be and why?
17. If you could guarantee one thing for tomorrow, what would it be?
18. If your week turned into a movie, who would you cast?
19. Tell me three good things about last week.
20. What are you most grateful for about your week?
21. What are you most proud of today?
22. What did you do that was just for you?
23. What did you spend most of your time thinking about?
24. What do you wish you did less of?
25. What do you wish you did more of?
26. What inspired you the most?
27. What is something you did that you'd love to do every week?
28. What made you laugh?
29. What songs did you listen to?

30. What was the best conversation you had?

31. What was the best part of your week?

32. What's the best conversation you've had?

33. When did you feel appreciated?

34. Will you remember any specific part of your week a year from now? How come?